PORTAGE SSO SCHOOL Breakfast & LUNCH MENU August 15 to august 19 2016 (MENU SUBJECT TO CHANGE WITHOUT NOTICE)

All participating area students are free, adults are $2.00 for breakfast and $3.00 for lunch. Breakfast is 7:00 am to 8:30 am and lunch is 10:00am to 11:00am

MONDAY 13 kcal/carb	TUESDAY 14 kcal/carb	WEDNESDAY 15 kcal/carb	THURSDAY 16 kcal/carb	FRIDAY 17 kcal/carb				
Entree:Choose One gram **Breakfast pizza 25** **Cereal assorted 38** **Bagel bb / plain 34 /32** **Yogurt / wht toast 36** Sides Choose at least one **Juice** **A 57/15 g 90/22 oj 60/14** **Frsh Apples 30 / 8** Milk Choose one **1%, skim, red fat 131/23** DAILY NUTRIENTS CALORIES: FRUITS : 1c pizza: 230 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159	Entree:Choose One gram **Funnel cake 52** **Cereal assorted 38** **Bagel bb / plain 34 /32** **Yogurt / wht toast 36** Sides Choose at least one **Juice** **A 57/15 g 90/22 oj 60/14** **Frsh Apples 30 / 8** Milk Choose one **1%, skim, red fat 131/23** DAILY NUTRIENTS CALORIES: FRUITS : 1c omelet 267 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159	Entree Choose one **Egg muffin ch saus 28** **Cereal assorted 38** **Bagel bb / plain 34 /32** **Yogurt / wht toast 36** Sides Choose at least one **Juice** **A 57/15 g 90/22 oj 60/14** **Frsh Apples 30 / 8** Milk Choose one **1%, skim, red fat 131/23** DAILY NUTRIENTS CALORIES: FRUITS : 1c sandwich 179 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159	Entree Choose one **Cinnamon roll 33** **Cereal assorted 38** **Bagel bb / plain 34 /32** **Yogurt / wht toast 36** Sides Choose at least one **Juice** **A 57/15 g 90/22 oj 60/14** **Frsh Apples 30 / 8**Milk Choose one **1%, skim, red fat 131/23** DAILY NUTRIENTS CALORIES: FRUITS : 1c cin roll : 190 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159	Entree Choose one **Muffin top 27** **Cereal assorted 38** **Bagel bb / plain 34 /32** **Yogurt / wht toast 36** Sides Choose at least one **Juice** **A 57/15 g 90/22 oj 60/14** **Frsh Apples 30 / 8** Milk Choose one **1%, skim, red fat 131/23** DAILY NUTRIENTS CALORIES: FRUITS : 1c eggs: 194 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159		B R E A K F A S T	Football camp Aug13 to 17	
30 Entree: Choose One gram **Chix patty on bun 36** **Pepperoni Pizza 33** **Chef Salad wrap 43** Sides: **Oven fries 18** **Fresh carrots w/dip 7** **Applesauce 24** **Milk var/apple jce/22/14** DAILY NUTRIENT mango juce 6 6FRUITS : 1c CALORIES: VEGGIE: 1.5c joe: 126 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c	31 Entree: Choose One gram **Stuffed shells w/ roll 29** **Pepperoni Pizza 33** **Chef salad wrap 43** Sides: **Green beans 8** **Fresh celery w/dip 5** **Chilled peaches 14** **Milk var/apple jce/ 22/14** DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c shells: 226c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307c	1 Entree: Choose One gram **Popcorn chix/roll 24** **Pepperoni Pizza 33** **Chef salad wrap 43** Sides: **Whole kernel corn 21** **Fresh carrots w/dip 7** **Fresh apple slices 8** **Milk var/grape jce/ 22/19** DAILY NUTRIENTSmango juce 6 FRUITS : 1c CALORIES: VEGGIE: 1.5c chix: pop 254 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c	2 Entree:Choose One gram **Deli ham ch on bun 31** **Pepperoni Pizza 33** **Chef Salad wrap 43** Sides: **Baked beans 32** **Fresh celery w/dip 5** **Fresh banana 27** **Milk var/grape jce/ 22/19** DAILY NUTRIENTS mango juce 6 FRUITS : 1c CALORIES: VEGGIE: 1.5c ham: 265 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294cc	3 Entree: Choose One gram **Chicken tenders 36** **Pepperoni Pizza 33** **Chef salad wrap 43** Sides: **Sweet peas 9** **Fresh cucumbers w/dip 3** **Mandarin oranges 17** **Milk var/apple jce 22/14** DAILY NUTRIENTS mango juce 6 FRUITS : 1c CALORIES: VEGGIE: 1.5c tstdch 445c GRANS: 2 Chef sal : 307c PROTEINS:2oz pizza: 294 c		L U N C H	Football camp Aug 13 to 17 2018	
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